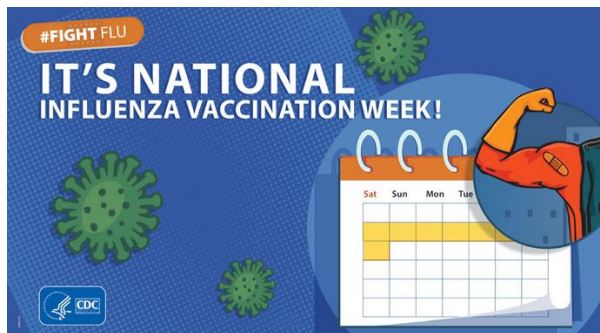


November 29, 2018

AN EARLY HOLIDAY GIFT: NO-COST FLU SHOTS AT DOH-PINELLAS DEC. 3-7



Contact: Maggie Hall, PIO
Margarita.Hall@FLHealth.gov
(727) 824-6908 (media only)



'Tis the season to spread joy and cheer, not the flu.

Enjoy flu-free holidays this year with no-cost vaccines at Florida Department of Health in Pinellas (DOH-Pinellas) clinics during **National Influenza Vaccination Week**.

From Monday, Dec. 3, to Friday, Dec. 7, flu vaccines will be provided at no cost to the

community—and without an appointment—at these locations:

- **St. Petersburg**— 205 Dr. Martin Luther King Jr. St. N.
- **Pinellas Park** – 6350 76th Ave N.
- **Mid-County** - 8751 Ulmerton Rd, Largo
- **Clearwater**— 310 N. Myrtle Ave.
- **Tarpon Springs**— 301 S. Disston Ave.

Getting the flu shot has many benefits for individuals, their families and their co-workers. The Centers for Disease Control and Protection counts these as some of the most important:

- You won't lose work or family time to the flu.
- Pregnant women who get the flu shot can reduce their chances of serious complications from the virus.
- The vaccine can be a lifesaver for children. A [2017 study](#) was the first of its kind to show that flu vaccination can significantly reduce a child's risk of dying from flu.
- Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated, even if they end up getting sick.
- Your immunization can protect the people around you, including those who are most vulnerable to serious flu illness. Babies, older people, those who can't get the vaccine and people with certain chronic health conditions will be protected from your spreading the virus.

For information about DOH-Pinellas, go to www.PinellasHealth.com and follow us on Twitter @HealthyPinellas.

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About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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